What is claimed is:

1. A method for providing an adaptive media stream between a sending terminal and a user's terminal wherein the adaptive media stream comprises at least one media stream and the method comprises the steps of:

b) choosing a transmission speed rate for the media stream,

c) selecting a suitable data source for the media stream among sources containing essentially the same information content, each source intended for a certain information transfer condition

d) playing the media stream,

e) checking the suitability of the actual transmission speed rate,

f) continuing playing the media stream if the transmission speed is still suitable or,

g) selecting a new data source, which is suitable at the moment,

h) as a response for the selection of the new data source, playing a new media stream,

i) repeating steps d) to g) until the stream, which is played, stops.

2. A method according to claim **1** wherein step b) comprises the phase of reading a header field of a file, which contains at least two data sources, the header indicating the starting points of the sources and to which transmission speed rate each source is indented.

3. A method according to claim **2** wherein step c) comprises the phase of starting to read from the starting point of the selected source.

4. A method according to claim **1** wherein step d) comprises the phase of monitoring a filling degree of a buffer for incoming data in the user's terminal.

5. A method according to claim **4** comprising that if the buffer is becoming empty or full, then step f) is chosen, else step e) is chosen.

6. A method according to claim **3** wherein step d) comprises the phase of monitoring a filling degree of a buffer for incoming data in the user's terminal.

7. A method according to claim **6** comprising that if the buffer is becoming empty or full, then step f) is chosen, else step e) is chosen.

8. A method according to claim **1** wherein the information of the selection of the new data source is transmitted from the user's terminal to the sending terminal using a GET method of an HTTP protocol with an optional RANGE field.

9. A method according to claim **5** wherein the information of the selection of the new data source is transmitted from the user's terminal to the sending terminal using a GET method of an HTTP protocol with an optional RANGE field.

10. A method according to claim **7** wherein the information of the selection of the new data source is transmitted from the user's terminal to the sending terminal using a GET method of an HTTP protocol with an optional RANGE field.

11. A method according to claim **1** wherein step g) comprises phases of terminating the old media stream after starting to play the new media stream and creating the new media stream before playing the new media stream.

12. A method according to claim **1**, wherein step g) further comprises the step of reading timing marks in said adaptive media stream for defining the right point to start playing the new media stream.

13. A method according to claim **11**, wherein step g) further comprises the phase of reading timing marks in the data source for defining the right point to start playing the new media stream.

14. A method according to claim **1** wherein step b) comprises the phase of reading a header field of files, where each contains one data source, the header indicating the starting points of the source and to which transmission speed rate the source is indented.

15. An arrangement for providing an adaptive media stream between a sending terminal and a client terminal, wherein the adaptive media stream comprises at least one media stream and the arrangement comprises:

a) means in the client terminal for choosing a transmission speed rate for the media stream,

b) a data structure in the sending terminal comprising at least two data sources containing essentially the same information, each source intended for a certain transmission speed rate,

c) means in the client terminal and the sending terminal for selecting a suitable data source from among the sources for the media stream,

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d) means in the user's terminal for checking the suitability of the transmission speed rate when the media stream is played,

e) means in the user's terminal for reselecting a suitable data source from among the sources for a new media stream.

16. An arrangement according to claim **15**, wherein the arrangement further comprises means for playing the data structure in a way that the playing is started from the right point of the data structure.

17. An arrangement according to claim **16**, wherein means a) comprises means for reading a message from the user's terminal, which defines alternative transmission speed rates.

18. An arrangement according to claim **16**, wherein each source comprises timing marks, which indicate the corresponding point in the other sources.

19. An arrangement according to claim **18**, wherein the arrangement further comprises a GET method of an HTTP protocol with an optional RANGE field for transmitting the information of the reselection of the suitable data source from the user's terminal to the sending terminal.

20. An arrangement according to claim **16**, wherein means d) comprises means for monitoring a filling degree of a buffer for incoming data in the user's terminal.

21. An arrangement according to claim **16**, wherein the data structure is a file containing the data sources.

22. An arrangement according to claim **21**, wherein means c) comprises means for reading a header of the data structure, which indicates the starting points of the sources and to which transmission speed rate each source is intended.

23. An arrangement according to claim **16**, wherein that the data structure is a number of files, each of them containing one data source.

24. An arrangement according to claim **23**, wherein means c) comprises means for reading headers of the files, which indicate the starting point of the source and to which transmission speed rate the source is intended.

25. A method for storing adaptive media stream data comprising:

storing a plurality of media stream sources, each representing a substantially similar information content, and each adapted for a different set of information transfer conditions;

providing a plurality of pointers into said media stream sources, said pointers associated with source locations in others of said media stream sources and pointing to the target locations in the others of said media stream sources;

wherein the information content of said target locations are substantially a continuation of the information content prior to said source locations.

26. The method of claim 25 wherein said pointers are embedded within said adaptive media stream data.

27. The method of claim 25 wherein said plurality of media stream sources are contained in a single file.

28. The method of claim 27 wherein said target locations pointers comprise a byte offsets into said single file.

29. The method of claim 27 wherein said target location pointers comprise offsets into the others of said stream sources, within said single file.

30. The method of claim 25 wherein said source locations indicate files each containing at least one of said media stream sources.

31. The method of claim 30 wherein said target location pointers further comprises a byte offset into said appropriate file.